## CLAIMS

What is claimed is:

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1. A method of using a remote control to command an appliance to enter into a desired power state, the method comprising:

accepting input into the remote control which defines a macro command sequence, the macro command sequence including a command for causing the appliance to enter into the desired power state;

receiving at the remote control from a power monitor associated with the appliance a current power state of the appliance;

comparing within the remote control the current power state to the desired power state; and

when it is determined that the current power state is the desired power state, inhibiting the remote control from transmitting the command for causing the appliance to enter into the desired power state when the macro command sequence is executed by the remote control.

- 2. The method as recited in claim 1, wherein execution of the macro command sequence is initiated via activation of at least one key of the remote control.
- 3. The method as recited in claim 1, comprising transmitting a query message from the remote control to the power monitor to initiate retrieval of the current power state from the power monitor.

- 4. The method as recited in claim 1, wherein the remote control receives the current power state from the power monitor via a RF transmission.
- 5. The method as recited in claim 1, wherein the remote control transmits commands to theappliance via IR transmission.
  - 6. The method as recited in claim 1, comprising accepting input into the remote control to associate the power monitor with the appliance.
- 7. The method as recited in claim 1, comprising storing within a memory of the remote control the current power state.

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- 8. The method as recited in claim 1, comprising allowing the remote control to transmit all commands in the macro command sequence less the inhibited command when the current power state is the desired power state.
- 9. The method as recited in claim 1, comprising inhibiting the remote control from transmitting the command for causing the appliance to enter into the desired power state when the macro command sequence is executed by the remote control and when the current power state of the appliance is unknown to the remote control.
- 10. A readable media for use in a remote control having instructions to command an appliance to enter into a desired power state, the instructions performing steps comprising:

accepting input into the remote control which defines a macro command sequence, the macro command sequence including a command for causing the appliance to enter into the desired power state;

receiving at the remote control from a power monitor associated with the appliance a current power state of the appliance;

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comparing within the remote control the current power state to the desired power state; and

when it is determined that the current power state is the desired power state, inhibiting the remote control from transmitting the command for causing the appliance to enter into the desired power state when the macro command sequence is executed by the remote control.

- 11. The readable media as recited in claim 10, wherein execution of the macro command sequence is initiated via activation of at least one key of the remote control.
- 12. The readable media as recited in claim 10, wherein the instructions transmit a query message from the remote control to the power monitor to initiate retrieval of the current power state from the power monitor.
- 13. The readable media as recited in claim 10, wherein the remote control receives the current power state from the power monitor via a RF transmission.

- 14. The readable media as recited in claim 10, wherein the remote control transmits commands to the appliance via IR transmission.
- 15. The readable media as recited in claim 10, wherein the instructions accept input into the remote control to associate the power monitor with the appliance.
  - 16. The readable media as recited in claim 10, wherein the instructions store within a memory of the remote control the current power state.
- 17. The readable media as recited in claim 10, wherein the instructions allow the remote control to transmit all commands in the macro command sequence less the inhibited command when the current power state is the desired power state.
  - 18. The readable media as recited in claim 10, wherein the instructions inhibit the remote control from transmitting the command for causing the appliance to enter into the desired power state when the macro command sequence is executed by the remote control and when the current power state of the appliance is unknown to the remote control.
  - 19. A method of using a remote control to command an appliance to enter into a desired power state, the method comprising:

accepting input into the remote control which defines a macro command sequence, the macro command sequence including a command for causing the appliance to enter into the desired power state;

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maintaining within a memory of the remote control data indicative of a current power state of the appliance;

comparing within the remote control the current power state to the desired power state; and

when it is determined that the current power state is the desired power state, inhibiting the remote control from transmitting the command for causing the appliance to enter into the desired power state when the macro command sequence is executed by the remote control.

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- 20. The method as recited in claim 19, wherein execution of the macro command sequence is initiated via activation of at least one key of the remote control.
  - 21. The method as recited in claim 20, wherein the remote control transmits commands to the appliance via IR transmission.
  - 22. The method as recited in claim 21, comprising allowing the remote control to transmit all commands in the macro command sequence less the inhibited command when the current power state is the desired power state.
- 23. The method as recited in claim 22, comprising inhibiting the remote control from transmitting the command for causing the appliance to enter into the desired power state when the macro command sequence is executed by the remote control and when the current power state of the appliance is unknown to the remote control.

24. A system for controlling the operation of an appliance, the system comprising:

a power monitor having a first wireless communication module associated with the appliance; and

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a remote control having a second wireless communication module for transmitting one or more commands to the appliance and a third wireless communication module for communicating with the first wireless communication module of the power module; wherein

the remote control has programming for accepting input into the remote control which defines a macro command sequence, the macro command sequence including a command transmittable via the second wireless module for causing the appliance to enter into a desired power state; receiving at the remote control via the third wireless communication module from the first wireless communication module of the power monitor a current power state of the appliance; comparing within the remote control the current power state to the desired power state; and when it is determined that the current power state is the desired power state, inhibiting the remote control from transmitting via the second wireless communication module the command for causing the appliance to enter into the desired power state when the macro command sequence is executed by the remote control.

- 25. The system as recited in claim 24, wherein execution of the macro command sequence is initiated via activation of at least one key of the remote control.
- 26. The system as recited in claim 24, wherein the programming transmits a query message via the third wireless communication module from the remote control to the first wireless 201780

communication module of the power monitor to initiate retrieval of the current power state from the power monitor.

- 27. The system as recited in claim 24, wherein the first wireless communication module and the third wireless communication module are RF modules.
- 28. The system as recited in claim 24, wherein the second wireless communication module is an IR module.
- 10 29. The system as recited in claim 28 wherein the said second and third wireless communication modules comprise the same module.

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- 30. The system as recited in claim 24, wherein the second wireless communication module is an RF module.
- 31. The system as recited in claim 24, wherein the programming accepts input into the remote control to associate the power monitor with the appliance.
- 32. The system as recited in claim 24, wherein the programming stores within a memory of the remote control the current power state.
  - 33. The system as recited in claim 24, wherein the programming allows the remote control to transmit all commands in the macro command sequence via the second wireless

communications module less the inhibited command when the current power state is the desired power state.

34. The system as recited in claim 24, wherein the programming inhibits the remote control from transmitting the command for causing the appliance to enter into the desired power state via the second wireless communications module when the macro command sequence is executed by the remote control and when the current power state of the appliance is unknown to the remote control.

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